

Infant Wellness






**[insert presenter
info]**



Objectives




 **Provide an overview of the basic aspects of care and wellness for your baby**


-  **Newborn characteristics**
 -  **Care and feeding of the newborn**
 -  **Behavioral cues**
 -  **Signs of illness**
- 

Newborn Appearance

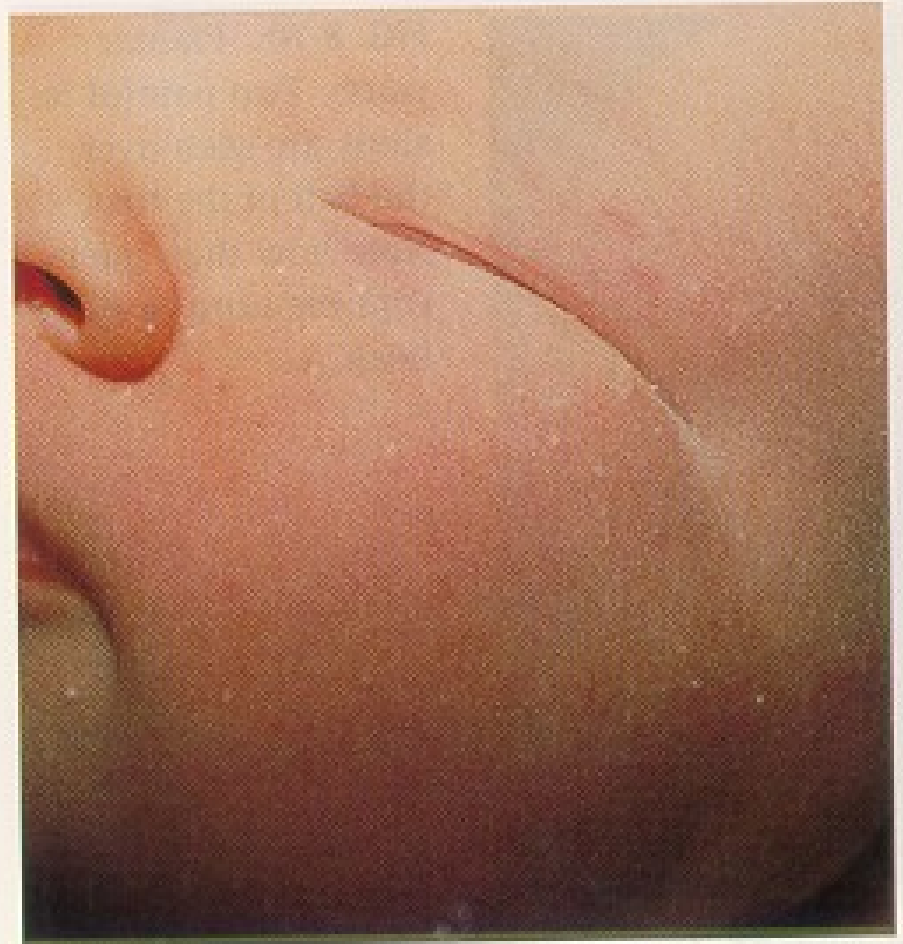
- 🎈 **Molding**
- 🎈 **Lanugo & Vernix**
- 🎈 **Fontanels - anterior and posterior**
- 🎈 **Lip Blisters**
- 🎈 **Fingernails**
- 🎈 **Skin - Neonatal Acne, Milia**
- 🎈 **Eyes - red and puffy**

Milia

A vertical string of colorful balloons (blue, purple, red, green, yellow) with ribbons, located on the left side of the slide.

 **Small,
whitish-yellow
papules found
close to the
skin surface**

 **Particularly
common
around eyes
and midface**








Neonatal Acne



**Red papules
and pustules**

Newborn Characteristics

-  **Hair - Newborn hair will be replaced in a few weeks and change color**
-  **Genitals - swollen breasts, scrotum, labia**
-  **Hiccups are normal**
-  **Sneezes**
-  **Jaundice - newborn from day 2 - day 7**

Senses

- 🎈 **Touch promotes bonding and comforting**
- 🎈 **Sight - sees best 8-12 inches**
- 🎈 **Hearing - excellent at birth**
- 🎈 **Good sense of smell**
 - 🎈 **Can smell mother's breastmilk**
- 🎈 **Good sense of taste**

Reflexes



Rooting



Startle caused by loud noises or position changes







Sucking



Grasp - baby has tight finger grasp



Umbilical Cord

-  **Apply alcohol with each diaper change**
-  **Fold diaper below cord**
-  **Will fall off in 10-14 days**
-  **Do not give full bath until it falls off**

Circumcision

- 🎈 **Is done at 24 hours of age**
- 🎈 **Cleanse with soap & water, apply petroleum jelly**
- 🎈 **Plastibell ring will fall off 5-8 days**

Bathing

- 🎈 **Sponge bath 3 times/wk**
- 🎈 **Tub bath when cord and circumcision heal**
- 🎈 **Wash face and genitals daily with plain water**
- 🎈 **Use mild soap on genitals if needed**
- 🎈 **Avoid baby wipes with alcohol or perfume**

Crying



🎈 **First means of communication**

- 🔴 **Hunger pangs**
- 🔴 **Diaper rash pain**
- 🔴 **Colic (stomach ache)**

🎈 **Be calm and patient**

🎈 **Do not shake baby**

🎈 **Know signs of emergencies**




Nutrition

- 🎈 **Breast feeding**
- 🎈 **Bottle feeding**
- 🎈 **Solid foods**
- 🎈 **Good nutrition habits**

Breastfeeding



Benefits to baby





- **Protects against allergies**
 - **Easily digested**
 - **Decreases diaper rash**
 - **Encourages bonding**
 - **Decrease diarrhea or constipation**
- 



Benefits to mother

- **Convenient**
- **Promotes weight loss**
- **Less expensive**
- **Promotes bonding**

Bottle Feeding Basics





-  **NEVER MICROWAVE! - use warm water to warm formula**
-  **Hold your baby for every feeding**
-  **Keep baby's head higher than their body**
-  **Brush baby's lips lightly with bottle nipple**
-  **Place nipple gently in baby's mouth**
-  **Keep milk in the nipple by tilting the bottle down towards the baby**
-  **NEVER PROP A BOTTLE, YOUR BABY MAY CHOKE!**





Bottle Feeding



Supplies needed:

-  **8 (4 ounce) baby bottles and caps**
-  **8 nipples**
-  **Bottle and nipple brush for cleaning**
-  **1 quart measuring cup**

Formula

-  **Wait until you see what type of formula your baby likes before buying a lot**
 -  **Plan on around 70 ounces of formula to start**



Diaper Care



Cloth vs. Disposable

- Cloth diapers, diaper service, disposable

Diaper rash

- Dermatitis vs. Yeast

Cleansing

- Wipe front to back
- Avoid wipes as they may irritate skin
- Use warm water to wash skin
- Use ointment as needed

Well Baby Check Ups

- 🎈 **Regularly scheduled visits**
 - 🎈 **Physical exam**
 - 🎈 **Interview**
- 🎈 **Immunizations are scheduled at these visits**
 - 🎈 **Ask for advice on caring for immunization site**

Stools

- 🎈 **Meconium - the first stool**
 - 🎈 **Sticky, greenish-black**
- 🎈 **Normal - yellow-green seedy, mustard-like, soft stool**
- 🎈 **Diarrhea stools > 3 times/hour, watery with no consistency**
- 🎈 **Constipation - infrequent, hard, pellet-like**

Temperature



Normal

- Rectal 98.6-99.6
- Axillary (armpit) 97.6-99.0
- Ear thermometer after 2 years old



Comfort - baby should have one more layer than is comfortable for adult



Safety



Use good handwashing

- **Protect your baby from infection**



Shaken baby syndrome

- **Never handle your baby roughly**

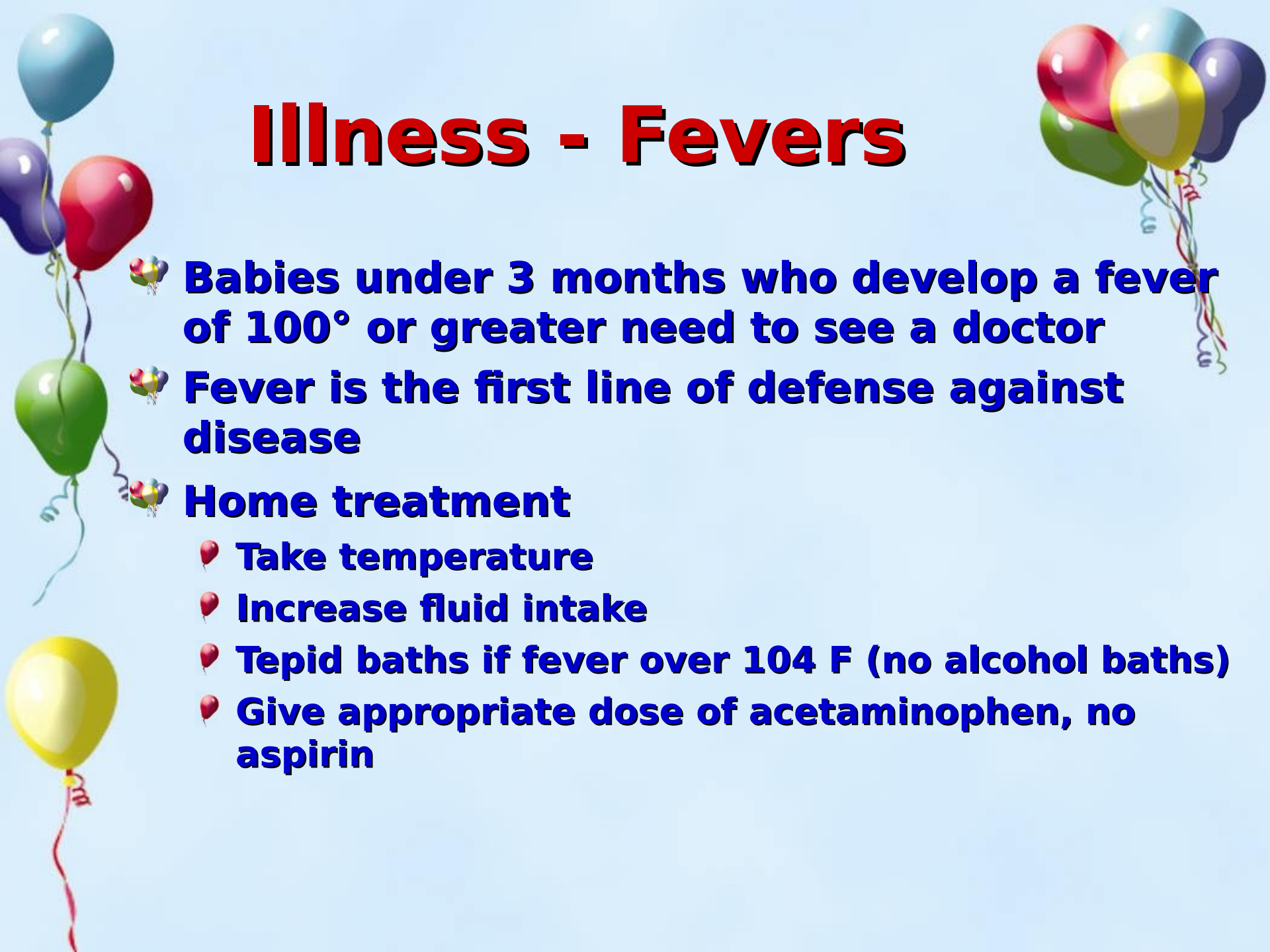









Second hand smoke

- **Limit exposure**



Illness - Fevers

- 
-  **Babies under 3 months who develop a fever of 100° or greater need to see a doctor**
 -  **Fever is the first line of defense against disease**
 -  **Home treatment**
 -  **Take temperature**
 -  **Increase fluid intake**
 -  **Tepid baths if fever over 104 F (no alcohol baths)**
 -  **Give appropriate dose of acetaminophen, no aspirin**

Illness



Possible signs of infection

- **Fever or sluggishness**
- **Pale or flushed**
- **Irritable, constant crying**
- **Poor appetite**
- **Unusual vomiting**
- **Diarrhea**
- **Area of redness, swelling, increased warmth**
- **Rash with pus, presence of foul odor**
- **Yellow or green runny nose**
- **Wet or rattling cough**





Emergency Signs



 **No Pulse or Breath**

 **Major Injury**

 **Choking**

 **Unconsciousness**

Emergency Signs cont.

- 🎈 **Active Bleeding**
- 🎈 **Stupor, Drowsiness, or Lethargy**
- 🎈 **Disorientation**
- 🎈 **Shortness of Breath**

Emergency Signs cont.



Severe Pain



Poisoning



Seizures




Fever




Source: Taking Care of Your Child (5th Ed) Pantell, Fries



Sudden Infant Death Syndrome (SIDS)






 **The sudden unexplained death of a baby under one year of age**

 **Cause is unknown**

-  **Congenital defect?**
-  **Environmental effects?**



 **Reduce SIDS risk**

-  **Get early and regular prenatal care**
-  **Put baby on back to sleep**
-  **Use firm mattress, no soft bedding or toys**
-  **Avoid overheating baby's room**
-  **Avoid second hand smoke**

Resources

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-  <http://www.nlm.nih.gov/medlineplus/> (general pregnancy and health)
 -  <http://www.healthfinder.gov> (general pregnancy and health)
 -  <http://www.modimes.org/> (general pregnancy, baby and health)
 -  <http://familydoctor.org/> (general pregnancy, baby and health)
 -  <http://mama.modimes.org/> (general pregnancy, baby and health)
 -  <http://www.childbirth.org/> (childbirth)

Resources cont.

-  [**http://www.4women.org/**](http://www.4women.org/)(women's health,nutrition and birth control)
-  [**http://www.lalecheleague.org/**](http://www.lalecheleague.org/) (breast-feeding)
-  [**http://www..plannedparenthood.org**](http://www..plannedparenthood.org) (birth control)
-  [**http://www.gotmom.org**](http://www.gotmom.org) (breast-feeding)
-  [**http://healtheforces.org**](http://healtheforces.org) (military and health care)



Acknowledgements



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